

Community Resources for Seniors ***“Whom Do I Call to...?”***

Order home-delivered meals

Tri/City Nutrition Program (Albany, Berkeley, Emeryville): (510) 644-8590

Bay Area Community Services (Oakland): (510) 986-8916

L Meals on Wheels (City of Alameda): (510) 865-6131

S.O.S. Meals on Wheels (Hayward): (510) 582-1264

Life Elder Care Meals on Wheels (Fremont, Newark, Union City): (510) 494-4588

Livermore Senior Services (Livermore): (925) 373-5764

Pleasanton Senior Center (Dublin, Pleasanton): (925) 931-5385

Find an adult day program

Free personalized referrals Adult Day Services Network of Alameda County: (510) 883-0874

Also see www.adult-day-services.org for program descriptions, photos, comparison charts & more.

Locate a good lawyer for estate planning and/or Medi-Cal eligibility

Legal Assistance for Seniors: (510) 832-3040

California Advocates for Nursing Home Reform
(their Lawyer Referral Service is certified by the California State Bar): (800) 474-1116

Figure out what kind of care is best in my situation

Family Caregiver Alliance (ask for a free home visit with a Family Consultant): (415) 434 3388

Locate senior housing facilities

California Registry: (800) 777-7575

Senior Home Finders: (510) 774-1097

Senior Information Line of Alameda County: (800) 577-3530

New Lifestyles (this is a printed guide. Ask for the latest S.F. Bay Area edition to be mailed to you free of charge): (800) 820-3013

Find the senior center nearest me

Senior Information Line of Alameda County: (510) 577-3530

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Learn more about Alzheimer's Disease and other dementias

Alzheimer's Association of the Greater East Bay: (925) 284-7942

Get information about Medi-Cal and Medicare

Healthy Seniors Hotline: (510) 704-6010 x265

Health Insurance Counseling and Advocacy Program (HICAP): (510) 839-0393

Let somebody know that an elder is in trouble

If you suspect that a senior may be suffering from physical or emotional abuse, self-neglect, or is being taken advantage of financially, please call right away.

Adult Protective Services of Alameda County: (510) 577-1900

Locate crisis hotlines, food banks and emergency shelters

Eden Information & Referral, in English and Spanish: (510) 537-2552

Manage hospital and ambulance bills

Senior Medi-Benefits: (510) 420-0550

Get help to pay or reduce utility bills

PG&E Energy Assistance Program: (800) 743-5000

HEAP Energy Assistance via Spectrum Community Services: (510) 881-0300 x214

REACH via Salvation Army: (510) 581-6444

Get free telephone equipment for the hard-of-hearing, deaf or blind

California Telephone Access Program: (800) 806-1191

Pick-up or donate free medical equipment

...such as canes, walkers, shower chairs, etc. HOME Cares Recycling Program: (510) 251-2273

Find transportation services

East Bay ParaTransit (for those who are physically disabled or unable to use public transportation):
(510) 287-5040

Saint Mary's Wheels to Doctors: (510) 893-4723

Wheels (for Dublin, Livermore, Pleasanton, Sunol residents): (925) 455-7555

Taxi voucher program (for Fremont residents): (510) 494-4550

Dial A Ride – wheelchair van vouchers (for Dublin, Livermore residents): (925) 455-7510
(for Pleasanton residents): (925) 484-8175

American Cancer Society (for cancer patients): (510) 832-7012

American Red Cross (Livermore residents): (925) 294-7800; (Oakland residents): (510) 595-4444
(Union City residents): (510) 429-3300

Prime Time (Eden Hospital Medical Center, Dept. Geriatric Services): (510) 733-2426

AC Transit senior discounts: (510) 891-4706